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# College of Health Sciences Newsletter, February 2016

Irvin B. Harrell (Ed.)  
*Old Dominion University*

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## State approves Kinesiology Ph.D. Program



School of Physical Therapy and Athletic Training students learn how to perform a Physiologic Profile Assessment (PPA) to determine a person's risk of falling, which involves kinesiology and rehabilitation. The PPA is more sophisticated than most clinical falls risk tests because it includes many factors, in addition to balance that could contribute to falling. Falling and fall-related injuries are a major health concern for many older adults and for people with neurologic damage.

**O**ld Dominion University's College of Health Sciences received state approval for a Ph.D. program in kinesiology and rehabilitation. The State Council of Higher Education for Virginia gave the degree request the go-ahead and student applications are currently being accepted.

"This degree brings together scholars in kinesiology and the rehabilitation professions to find efficient and effective treatments and approaches to movement constraint," said Chandra De Silva, ODU's interim provost and vice president of academic affairs at ODU.

See **KINESIOLOGY**, Page 6



### Also Inside

A special thanks to college's  
fabulous donors, **Page 4**

IPE has plans for new blog  
on its website, **Page 5**

Special honors for  
special student, **Page 9**

## Dean's Message: From the Assistant Dean

# New Ph.D. program highlights exciting times

**F**ollowing a long program proposal process, the much desired Kinesiology and Rehabilitation Ph.D. program is now accepting students for the fall semester!

New programs are important to the growth and impact of the College of Health Sciences. Doctoral student enrollment in this program is expected to reach four to five full-time and two to three part-time students a year and the time to degree is four to five years for full-time students.

One new position will be provided to the School of Physical Therapy and Athletic Training to support the research active faculty. The innovative interprofessional program will enhance collaboration among clinicians, educators and researchers in athletic training, physical therapy, speech-language pathology, motor control, biology, occupational therapy, industry and kinesiology. Faculty and students will provide practical solutions to complex, real-world problems and advance health. Congratulations to all those responsible for developing this long-awaited exciting program!

There is so much more to be recognized in this issue: our distinguished alumni, outstanding achievements of our staff, health promotion activities in our local and campus communities, and engagement in health advocacy for Virginians. It is an exciting time to be part of the College of Health Sciences!



Debbie Bauman,  
Assistant Dean

Debbie Bauman

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## From the Editor

# Distinguished alumni: Our cup runneth over

One of the many perks of my job is the opportunity I get to speak with students and alumni about their experiences at the College of Health Sciences and the inspirations that shaped their career paths.

For this month's edition, I interviewed Christina Withrow, a fall graduate who has learned that sometimes you don't choose your path in life – sometimes it chooses you. After high school, she tried her hand at college but figured going back to school just wasn't for her. So off to the Armed Forces she went. **(See story on Page 7.)**

But little did she know, she would be back in class, eventually teaching, coming to ODU, graduating with top honors from the College of Health Sciences, and landing a fabulous job as an industrial hygienist.

This year I will be periodically featuring 30 distinguished alumni in our publications in celebration of the college's 30<sup>th</sup> Anniversary. I see Christina as our future crop of such alumni.

Choosing just 30 won't be an easy task, because many shakers and movers in the health care industry have passed through our doors. Still, it will be an enjoyable experience recognizing many of those who have made their mark here as well as in the communities that they have gone on to serve.



Irvin B. Harrell,  
Coordinator of Strategy  
& Marketing



## CENTER FOR GLOBAL HEALTH

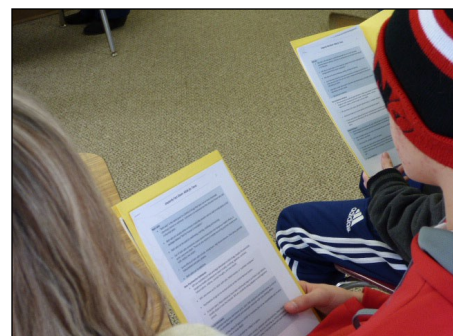


### Student learn pitfalls of drugs, alcohol with game show twist

Ghent Montessori Middle School received a visit this month from the Center for Global Health staff and learned about drug and alcohol abuse by participating in a spinoff of a popular game show.

As part of National Drug Facts Week, the middle-schoolers learned how drugs and alcohol can adversely affect your body and the benefits of making smart decisions about drugs. They also learned specifically the different effects of bath salts, psychoactive substances, synthetic marijuana, alcohol and prescription drugs.

The visit culminated with the students breaking into groups and competing in a Jeopardy game show format to answer questions about the drugs and alcohol.



## OFFICE OF THE DEAN

### College's staff members receive development funds

College of Health Sciences' Tammie Smith, the administration and program specialist, and Betsy Thomas, the business manager, were honored by Old Dominion University's Coalition of Black Faculty and Administrators (CBFA).

Smith and Thomas will be receiving professional development funds to be used toward upcoming classes.

The CBFA was established in 1989, designed to provide moral and social support and advocacy for African American faculty and administrators.



# Happy Valentine's Day to Our Donors from the College of Health Sciences!

We achieve our mission thanks to your invaluable support!

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*This list reflects donors from Jan. 1, 2015 to Jan. 21, 2016*

## INTERPROFESSIONAL EDUCATION

### 2nd Annual IPE Day to build on Nov. student learning

Kudos to all who contributed to making the “November 2015 Interprofessional Education: Student Learning Activity” a meaningful learning experience for our students. The evaluation of the event showcased its value. More than 160 students completed both the pre-test and post-test “Interprofessional Assessment\Scale” (IPAS, 2015) “teamwork, roles, and responsibilities” subscale (nine items,  $\alpha=.91$ ). Students from all five schools were represented in the sample with dental hygiene and physical therapy/athletic training having the most representation. Fifty-six percent of the students had never attended an IPE event. Of the 44 percent who had attended a previous IPE event most had attended one to two events. Fifty-seven percent were graduate students. Students were asked several questions regarding their attitudes about health professional teamwork, roles, and responsibilities. An analysis of mean differences highlighted a significant positive difference in students’ attitudes pre and post the event. For example, students were asked: “Learning with other students will help me become a more effective member of the health care team (Likert Scale, Strongly Agree-Strongly Disagree) ( $p < .001$ ). Students also thought that patients would ultimately benefit if health sciences students worked together to solve patient problems ( $p < .001$ ).

In light of our plans to use the 2016 IPE Day to help students enhance their knowledge about their role and those of other professions, students will learn about the importance of safety and quality for patients and populations.

IPE Day is slated for Wednesday, April 6 from 1 to 4:30 p.m. at the Ted Constant Center. Brian Boyle author of the “The Patient Experience” will be the keynote speaker. To register, please contact Tammie Smith at [tsmith@odu.edu](mailto:tsmith@odu.edu).

### New blog on the horizon

Beginning in March, a new blog will be launched on the IPE website. The IPE blog will highlight these conversations and events, inform the greater ODU community about IPE, and will be a platform for giving input and sharing insights about IPE. Guest bloggers are welcome. Send any news or thoughts you would like to have featured on the blog to faculty member and blog writer Laura Horan, with the School of Nursing at [lhoran@odu.edu](mailto:lhoran@odu.edu).

**We roar with IPE at ODU!**

## SCHOOL OF DENTAL HYGIENE

### It's all about health

Our student chapter of the American Dental Hygienists Association participated this month in the Old Dominion University Health Fair.





## Kinesiology, from Page 1

The interprofessional program will prepare students who have an educational background in kinesiology, exercise science, biology or a clinical health profession to advance the body of knowledge of their respective profession, and to assume the role of educator and mentor in an academic, clinical or industrial setting.

"About six years ago, we looked at the highest ranked physical therapy programs in the nation. We found that while our academic program matched up very well, the top 10 programs had two things we didn't offer: close association with an on-campus physical therapy clinic, and close association with a Ph.D. program," said Martha Walker, an associate professor with the School of Physical Therapy and Athletic Training.



"We opened ODU Monarch Physical Therapy last year, a great resource for the campus and surrounding community. The Ph.D. in kinesiology and rehabilitation completes the foundation for a powerhouse of education, clinical service and research in physical therapy, with each component strengthening the others."

The new degree will not only benefit the physical therapy and athletic training programs, but also enhance the speech and language pathology program and add yet another attraction for high-quality Ph.D. students. There are only three other kinesiology-related Ph.D. programs in the state, according to the National Academy of Kinesiology. Those programs are offered at the University of Virginia, Virginia Commonwealth University and Virginia Tech.

"The Ph.D. in kinesiology and rehabilitation will have a big role in supporting the College of Health Sciences 2015-2020 strategic plan to advance new knowledge, enhance academic excellence and create an inter-professional education and practice culture," said Dean Shelley Mishoe. "This Ph.D. program presents multiple opportunities for collaboration within the College of Health Sciences and across other colleges and universities. Special thanks to Richard Benjamin, Martha Walker, Jeanie Kline and all those involved for leading this initiative to achieve SCHEV approval."

Kinesiology deals with the study of muscular movement and the mechanics of human motion. The science can be used to treat a wide range of conditions such as pain, stress and confusion, depression, fatigue, back problems, nervous disorders, sports injuries, and respiratory issues. Such a degree could include research on people following a stroke, people with multiple sclerosis, people following orthopedic injury or surgery, children with developmental difficulties, and people with language and communication difficulties.

"The program will produce faculty experts who will be able to conduct research and teach within programs in athletic training, physical therapy, motor control, speech and language pathology and kinesiology," said Bonnie Van Lunen, chair of the School of Physical Therapy and Athletic Training. "More importantly, these individuals will be leaders within the research areas of injury prevention and surveillance, motor performance and movement and application of clinical research within the field of health care." Faculty from the areas of athletic training, kinesiology, physical therapy and speech/language pathology collaborated to create the program, which allows students to retain their professional/clinical identities while learning to conduct meaningful research in kinesiology.

The program will capitalize on ODU's very strong clinical programs: advanced preparation master's degree in athletic training, advanced preparation master's degree in education, speech/language pathology emphasis; entry level doctoral degree in physical therapy, as well as the students emerging from the human movement sciences master's degree program with strong exercise science backgrounds.

"External reviewers were quite enthusiastic in their analysis of the program" De Silva said. "As reported by one: 'The national need for Ph.D.-level scientists who are clinically trained and prepared to address applied research questions regarding the prevention, assessment, treatment, outcomes, and social and economic implications of injury and disease is rapidly increasing.' ODU will meet this need for a number of students."

Stacie Raymer, professor and chair for the School of Communication Disorders & Special Education, said faculty members of the speech-language pathology program are excited to collaborate with the degree program.

"Students will learn to value the contributions that each discipline provides to the rehabilitation process, while gaining an understanding of the fundamental science of human movement and its disorders, whether in walking, talking, or swallowing," she said.

**SCHOOL OF COMMUNITY & ENVIRONMENTAL HEALTH**

## Fall 2015 graduate receives two top honors

Christina Withrow, our newest College of Health Sciences Outstanding Scholar, received an even bigger honor when she attended the Fall 2015 event acknowledging her achievement. Withrow also was given the title of Outstanding University Scholar at Old Dominion University.

“My husband said he had a feeling, but it caught me by surprise,” she said.

Withrow, 32, was hired as an industrial hygienist in September, before she graduated, by NASA Langley Research Center in Hampton. As an industrial hygienist, her mission is “the anticipation, recognition, evaluation, and control of potential occupational health safety hazards.”

Born and raised in Cleveland, Ohio, Withrow joined the Navy in 2003. Withrow went to college briefly before the Navy but found she wasn’t that interested in academia. She decided to enroll in the Navy’s nuclear program and not only found herself in the books, but inevitably teaching chemistry and radiological controls.

“It’s ironic that I didn’t want to do school but ended up doing it anyway,” she said.

In January 2012, Withrow came to ODU and chose a degree in environmental health. Three years of hard work later, she graduated with not only top honors for the college, but for the university as well.

Withrow attributes a lot of her drive to be successful to her mother, who she lost to cancer during her first semester at ODU. “She always inspired me to work hard academically,” she said.

Her father continues to provide her with support and inspiration, she says. In fact, the two share a common bond: singing. Whether she’s visiting him in Ohio or he heads down to Virginia, they find time for song, she says.

“I love to sing. I’ve been singing with my dad since I was little,” she said. “My dad plays five instruments, including piano. My favorite artist to sing is Alicia Keyes.”

As she moves forward with her career, Withrow says she has set her sights on being a certified industrial hygienist, which has a tough certification process.

On a personal note, Withrow plans to “create a happy healthy family” with her husband of five years, who is a health physicist she met in the Navy.



Christina Withrow

### Old Dominion University College of Health Sciences is turning 30 this year!



Please join us in celebrating this important milestone of 30 years of academic excellence by showing your support for the College of Health Sciences’ future and making your gift today. Every gift makes a difference and helps us achieve our vision of advancing healthcare education and research through interdisciplinary and global collaborations.

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**STUDENTS CAUGHT ON CAMERA**

## PT students hit State Capitol



The second year Doctor of Physical Therapy students accompanied Dr. Mira Mariano and Dr. George Maihafer to Richmond to participate in the Virginia Physical Therapy Association Lobby day at the State Capitol. The photo is taken in Delegate Ron Villaneuva's office with some of the students in attendance with Dr. Maihafer.



## Special guest

Students in Dr. Anna Jeng's Water and Wastewater class had a special guest speaker this month. Bob Custard, the president of the National Environmental Health Association, gave a lecture on drinking water supplies in Africa.



**BLACK HISTORY MONTH TRIBUTE**

# Pioneer paved way for blacks in health sciences

By Angelica Walker



Walker

The progression of health science disciplines and professions have advanced thanks to the help of dedicated individuals that believed they could change the outlook on health with groundbreaking technology, innovative medication and education. There are many noteworthy blacks who should be acknowledged, not only during Black History Month but every day for their revolutionary contributions to improving and advancing health science.

Women's roles in healthcare have continued to grow exponentially thanks to many such as Mary Eliza Mahoney. In 1879, she became the first black professional nurse in the United States.



Mahoney

She was one of four graduates from a program that began with 40. At the age of 34, Mahoney demonstrated exemplary professionalism and dedication through the care she provided to patients and the pride she felt in her position. She was among the first black members with the American Nurses Association (ANA) and she also supported the founding of the National Association of Colored Graduate Nurses (NACGN). Mahoney set the standard for many nurses today and created a platform for black women to pursue their professional ambitions in and out of medical science. Mahoney is but one of many distinguished black health science professionals.

# Upcoming Events

## February

- Feb. 19-21 Winter Continuing Education Weekend, Oceanfront Sheraton, Virginia Beach
- Feb. 20 Dental Hygiene Alumni Reception, afternoon, Oceanfront Sheraton, Virginia Beach
- Feb. 24 4-VA IPE Event, 1:30-3:30 p.m., Gronto

## March

- March 1 Program Directors Luncheon, 12:00-1:00 p.m.  
Location: HS Computer Lab, HS 3014
- March 3 ODU "Connect with Colleagues" series, "Interprofessional Education a Platform for Collegiality and Education Innovation," 12:30-1:30 p.m., Perry Library, Room 1310
- March 9-14 Students Spring Break

## April

- April 6 IPE Day, 1-4 p.m., Ted Constant Center
- April 11 Military Appreciation Luncheon, 12:00-1:00 p.m., Location: TBD
- April 27 College Awards Luncheon, 11:30 a.m., Ted Constant Center
- April 28 Spring Classes End
- April 30 Exams Begin

## May

- May 7 Exams End
- May 6-7 Spring Commencement, Ted Constant Center